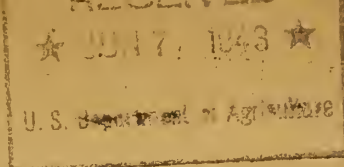


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Sugar for Home Canning



Broadcast by Ruth Van Deman, Bureau of Human Nutrition and Home Economics, and Wallace Kadderly, Radio Service, in the Department of Agriculture's portion of the National Farm and Home Hour, Thursday, May 13, 1943, over stations associated with the Blue Network.

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WALLACE KADDERLY: Here's Ruth Van Deman with information on sugar for home canning.

RUTH VAN DEMAN: The big news...and the good news...about sugar for home canning comes from the Office of Price Administration. This week's order allows up to 25 pounds of sugar per person for home canning this year...that is, from March 1, 1943, to March 1, 1944.

KADDERLY: Ruth, How much does that mean in terms of canned fruit?

VAN DEMAN: That depends, of course, on how wisely you use your sugar. One pound of sugar to every four quarts of canned fruit is the rule on which the OPA made the allotment.

KADDERLY: Let's see...That would be a quarter of a pound of sugar to each quart of canned fruit. That's enough sugar to make it keep all right, I take it.

VAN DEMAN: It isn't the sugar that makes canned fruit keep, you know--that is, keep from spoiling. It's the heating of the fruit in the jar that kills the bacteria and mold spores. And the air-tight seal on the jar keeps more of these invisible pests from getting in...It's possible to can fruit and have it keep perfectly without using any sugar at all. And, of course, that's the thing to do this summer if your sugar ration runs out and you still have good fresh fruit that might otherwise go to waste.

KADDERLY: Well, figuring on this basis of 4 quarts of canned fruit per pound of sugar, that makes possible 100 jars of home-canned fruits for each person.

VAN DEMAN: That's right. But, of course we've all got to remember that fruit for home canning must be fresh fruit...sound and not bruised or overripe, and home canning takes jars and fuel and time in the kitchen. Every prospective canner needs to think that all through before applying to the ration board for a sugar allotment for home canning.

KADDERLY: The application has to be made in writing, doesn't it?

VAN DEMAN: Yes, in writing to the local ration board.

KADDERLY: Ruth, here's a question I'd like to have answered: Some fruits are sweeter than others. Or maybe I should say, some are more sour than others. Does a home canner have to stick to that rule--a quarter of a pound of sugar to each quart jar of finished fruit...sweet or sour?

VAN DEMAN: No, she doesn't have to stick to it absolutely. The OPA puts us on our honor. It's up to each of us to spread our sugar allotment over as many jars of home-canned fruit as we can get fruit to can in our own homes.

KADDERLY: Well, I was thinking about cherries...sour red cherries.

VAN DEMAN: Sour red cherries to make cherry pie, may-be?

KADDERLY: Yes, I'll admit cherry pie was the ultimate objective. Isn't cherry pie all right in wartime?

VAN DEMAN: Certainly. If you want to use your sugar ration and your fat ration for cherry pie, that's your privilege. And you're right about sour red pie cherries needing more sugar. If I were canning sour cherries I'd use a one-one sirup.

KADDERLY: What's that...a "one-one" sirup?

VAN DEMAN: One cup of sugar to one cup of cherry juice or water. A one-one is a medium sirup. For most fruits a thin sirup is all right. A one-three sirup-- that is, one cup of sugar to three cups of liquid. And allowing for the liquid that cooks out of the fruit, the one-three sirup is just the right proportion to go with the sugar ration.

KADDERLY: Ruth, another question I'd like to have cleared up: Can any of this canning sugar be used for making jam or marmalade or fruit butter?

VAN DEMAN: Yes, 5 pounds of your 25-pound maximum can go into jam or jelly or marmalade or whatever kind of sweet spread you like best.

And another question a lot of people are asking is about points. Do we have to surrender any of the points from our ration books for this home-canned food?

And the answer is "no". Not for the food you can at home for your own use. But you can't sell home-canned fruits unless you take points from somebody else's ration book and turn them in to the ration board. And you may not give away more than 50 quarts of home-canned fruit.

KADDERLY: Suppose I lived on a fruit farm and had quantities of surplus fruit I couldn't sell fresh. Couldn't I can that and sell it?

VAN DEMAN: Yes, there's a special provision for that. You'd operate like a small business. Your local rationing board would give you the exact instructions.

KADDERLY: The local rationing boards will be busy answering a lot of questions about home-canned food this summer, I expect. And we'll look to you, Ruth, to bring us the answers on a lot more of these points, too.

VAN DEMAN: I'll do my best. Next week we'll tackle the glass jar situation.